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WHAT IS CLAIMED IS:

1. A method for increasing retention in the learning process, comprising the step of:  
automatically transmitting to an individual learning tasks to be performed multiple times during the day from an Internet site, thus to provide the individual with an active learning experience pushed from the Internet site as preselected times during the day.
2. The method of Claim 1, and further including the steps of providing the individual with a learning task device capable of communicating the learning task to the individual.
3. The method of Claim 2, and further including identifying the responses of the individual and transmitting the responses back over the Internet to the Internet site.
4. The method of Claim 3, and further including altering the individual learning tasks from the Internet site responsive to the responses of the individual to prior learning tasks from the Internet site.
5. The method of Claim 1, wherein the individual learning tasks from the Internet site are time limited so as not to interfere with the normal tasks of the individual.
6. The method of Claim 1, wherein the individual learning tasks is a mini-object lesson.

7. The method of Claim 6, wherein the mini object lessons are in the nature of guided practice.
8. The method of Claim 7, and further including the steps of following a mini-object lesson with a more limited follow up activity.
9. The method of Claim 2, wherein the learning task device is selected from the group of internet-connected devices consisting of computers, personal digital assistants and voice over Internet audio producing terminal.
10. The method of Claim 1, wherein the automatic transmission is at a pace so as not to disrupt the individual during his workday.
11. The method of Claim 1, wherein the learning tasks include experimental learning in which the individual is prompted to respond with same action.
12. The method of Claim 11, wherein the receipt of a learning task is indicated by the response of the individual to the learning task.
13. The method of Claim 1, wherein the learning task is designed to improve competency in the workplace.
14. The method of Claim 1, wherein the learning task is designed to teach an athletic activity.

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15. The method of Claim 1, wherein the activity is golf.
16. The method of Claim 1, wherein the learning task is designed to empower women to react to specific workplace encounters with positive results.
17. The method of Claim 1, wherein the learning task is designed to improve the response of the individual to health related issues.
18. The method of Claim 17, wherein the health-related issues includes controlling the weight of the individual.
19. The method of Claim 17, wherein the health related issues includes addiction.
20. The method of Claim 17, wherein the health related issues includes the taking of medication.
21. A system for assisting the learning of an individual comprising:
  - a website coupled to the Internet;
  - a course of study available at said website;
  - means for automatically transmitting mini-content lessons in the form of tasks to the individual at predetermined times during the day; and,

a task reporting device available to the individual and coupled to the Internet for receiving the automatically transmitted mini-content lessons and prompting the individual to respond thereto.

22. The system of Claim 21, wherein said task reporting device includes a response entry device coupled to the Internet for transmitting a response of the individual back to said website, thus to indicate that the individual has received the mini-content lesson.

23. The system of claim 22, and further including at said website data storage for recording said response.

24. The system of Claim 23, and further including course altering means at said website for altering the content of said mini-content lessons responsive to said response.

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